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Assessment of knowledge, attitude and practice of mothers/caregivers on infant and young child feeding in Assosa Woreda, Assosa Zone, Benshangul Gumuz Region, Western Ethiopia: A cross-sectional study

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Through the health extension package, Ethiopia had practised infant and young child feeding. However, infant and young child feeding (IYCF) practise has been poor. Hence, in this study, the knowledge, attitude and practise of the mothers/caregivers about infant and young child feeding were assessed.

A cross-sectional study was carried out among 486 mothers and caregivers from Assosa Districts in the Assosa Zone of Benshangul Gumuz Region, Western Ethiopia. A semi-structured interviewer-administered questionnaire was used. Multivariable logistic regression analyses were performed to isolate independent predictors for good knowledge, good practice and favourable attitude of the mothers/caregivers related to child feeding.

Out of 486 study participants, 456 (93.8%) of mothers had good knowledge, 432 (88.9%) had a positive attitude and 380 (78.2%) of mothers had good practise of IYCF practise recommendations. Furthermore, mother's age, educational status, place of delivery, father's educational status, involvement & support, previous knowledge about IYCF, discussion with their husband about IYCF and ANC follow up were all significantly related to mother's knowledge of IYCF recommendation.

Overall, mothers had good knowledge and a positive attitude about IYCF practices. To support IYCF practices, behaviour change communication intervention strategies should be introduced in mothers to bridge the gap between knowledge and practices.

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